

ABSTRAK



PROGRAM STUDI ILMU GIZI
FAKULTAS ILMU-ILMU KESEHATAN
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SHARASWATI DIAN PERMATASARI

“STUDI PEMBUATAN ROTI DENGAN SUBSTITUSI TEPUNG JAGUNG DAN TEPUNG UBI JALAR UNGU SEBAGAI ALTERNATIF SARAPAN RENDAH KALORI”

6 BAB, 95 Halaman, 19 Tabel, 8 Grafik, 6 Gambar

Latar Belakang: Roti tawar jagung ubi ungu merupakan makanan alternatif sarapan yang terbuat dari bahan dasar tepung terigu, tepung jagung, tepung ubi jalar ungu, *shortening*, gula pasir, garam, susu bubuk (*low fat*), ragi instan, *bread improver*, air es, dan *emulsifier* (SSL).

Tujuan: Tujuan pembuatan roti tawar jagung ubi ungu adalah untuk mengetahui pengaruh substitusi tepung terigu, tepung jagung, dan tepung ubi jalar ungu terhadap sifat organoleptik yaitu nilai hedonik dan mutu hedonik serta kandungan gizi.

Metode: Jenis penelitian ini adalah penelitian eksperimen menggunakan Rancangan Acak Lengkap (RAL). Objek penelitian ini adalah roti tawar jagung ubi ungu dengan substitusi tepung jagung dan tepung ubi jalar ungu. Pengambilan data dilakukan dengan cara uji organoleptik oleh 30 panelis agak terlatih. Analisis data menggunakan uji One Way Anova.

Hasil: Pada tingkat kesukaan ada perbedaan antara penggunaan tepung jagung dan tepung ubi jalar ungu terhadap rasa, warna, aroma dan tekstur. Pada mutu hedonik ada perbedaan antara penggunaan tepung jagung dan tepung ubi jalar ungu terhadap rasa, warna, aroma dan tekstur. Roti tawar jagung ubi ungu yang paling disukai adalah pada perlakuan T1 dengan substitusi tepung jagung dan tepung ubi jalar ungu sebanyak 5:20% dan mutu terbaik adalah pada perlakuan T3 dengan substitusi tepung jagung dan tepung ubi jalar ungu sebanyak 7:23%. Uji analisis proksimat roti tawar jagung ubi ungu yang paling banyak disukai diperoleh kadar air 23,29%, kadar abu 1,61%, kadar lemak 7,74%, kadar serat 1,59%, kadar protein 9,93%, dan kadar karbohidrat 55,84%.

Kesimpulan: Produk roti tawar jagung ubi ungu yang memiliki mutu terbaik adalah pada perlakuan T3 dan yang paling disukai terdapat pada perlakuan T1.

Kata Kunci : Roti Tawar, Tepung Jagung, Tepung Ubi Jalar Ungu
Referensi : 51 (1963-2015)

ABSTRACT



NUTRITION STUDIES PROGRAM
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SHARASWATI DIAN PERMATASARI

“STUDY OF MAKING BREAD WITH SUBSTITUTION OF CORN FLOUR AND PURPLE SWEET POTATO FLOUR AS AN ALTERNATIVE TO LOW CALORIE BREAKFAST”

6 chapters, 95 pages, 19 tables, 8 graphs, 6 figures

Background: Purple sweet potato corn bread is a breakfast alternative made from wheat flour, corn flour, purple sweet potato flour, shortening, sugar, salt, milk powder, yeast, bread improver, water cold, and emulsifier (SSL).

Purpose: The purpose of making corn purple sweet potato corn bread is to know the effect of substitution of wheat flour, corn flour and purple sweet potato flour to the organoleptic character of hedonic value and hedonic quality and nutrient content.

Methods: The study is an experimental research using completely randomized design (RAL). The object of this study is a Purple sweet potato corn bread with substitution of corn flour and purple sweet potato flour. The data is collected from organoleptic test by 30 middle trained panelists. Analysis of the data using One Way Anova.

Results: At the preference level there is a difference between the use of corn flour and purple sweet potato flour to taste, color, aroma and texture. In the hedonic quality there is a difference between the use of corn flour and purple sweet potato flour to taste, color, aroma and texture. The best quality purple sweet potato corn bread is in treatment of T1 with substitution corn flour and purple sweet potato flour of 5:20% and the most preferred is the treatment of T3 with substitution corn flour and purple sweet potato flour of 7:23%. Proximate analysis test of purple sweet potato corn bread the most preferred is, moisture content 23,29%, ash content 1,61 %, fat content 7,74%, fiber content 1,59%, proteins content 9,93%, carbohydrates content 55,84%.

Conclusion: The products of purple sweet potato corn bread that have the best quality is in treatment T3 and the most favored treatment is T1.

Keywords : Bread, Corn Flour, Purple Sweet Potato Flour

References : 51 (1963-2015)